

FREE



ISSUE 025 • 10/01/09 – 11/25/09

Living Well Eating Smart®

Healthy nutrition and lifestyle information for a better you.



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With Big Y's Wellness Team: Registered Dietitian,
Carrie Taylor, RD, LDN and Nutritionist, Andrea Samson



ask Carrie

Big Y's Registered Dietitian, Carrie Taylor, RD, LDN



"If you want weight loss, following a gluten-free diet is NOT the answer."

Should you avoid gluten?

Not unless you've been diagnosed¹ with celiac disease, dermatitis herpetiformis or gluten intolerance (also referred to as non-celiac disease gluten intolerance).

If you suspect you need to go gluten free, don't until after being diagnosed with one of these conditions. Discontinuing your consumption of gluten can lead to inaccurate screening results. Additionally, rule out celiac disease and dermatitis herpetiformis before testing for gluten intolerance.

The differences:

- **Celiac Disease (CD)** - A chronic autoimmune disease where the body cannot break down proteins in wheat, rye and barley called "gluten." If left untreated, the lining of the small intestine deteriorates, resulting in malabsorption of nutrients and often-times, gastrointestinal issues. Following a gluten-free diet is the only treatment and key for improving one's quality of life.
- **Dermatitis Herpetiformis (DH)** - A chronic autoimmune disease similar to celiac disease but results in severe itchy blisters and/or red patches on the skin. A gluten-free diet is the only treatment, though, use of the medicine Dapsone may also help alleviate symptoms. Over time, not following a gluten-free diet could result in intestinal damage similar to celiac disease.
- **Gluten Intolerance (GI)** - A sensitivity to gluten, often without a known cause. It is not a chronic autoimmune disease or food allergy. There is no damage to the small intestine, but gastrointestinal symptoms can be similar to celiac disease. Following a gluten-restricted diet will help alleviate discomfort. Degrees of restriction vary. Many individuals tolerate some gluten while others must avoid gluten all together.
- **Gluten Allergy** - An allergy is an immune system response when body cells attack suspected protein "invaders." Symptoms include temporary hives, swelling, congestion and tightening in the chest. In rare cases, anaphylaxis can occur. That said, gluten allergies don't typically exist. Rather, individuals may have a reaction to wheat but not rye and barley. Therefore, their allergy is due to wheat rather than gluten.

¹ NEVER self diagnose!

Want the facts? Consult an expert, not a celebrity!

When a celebrity works toward a cause, it can be a double edge sword. Take the case of Elisabeth Hasselbeck's book *The G-Free Diet*. Although she helps bring attention to celiac disease, her portion of the book is riddled with misinformation and inaccuracies with the potential to do more harm than good.

One misleading assertion is eating gluten free, "...can help with weight management." If you want weight loss, following a gluten-free diet is NOT the answer. It is not a quick fix fad diet. It is the only treatment for celiac disease, dermatitis herpetiformis and gluten intolerance.

If you're diagnosed with one of these conditions, follow the guidance of a dietitian specializing in gluten-free eating, NOT a celebrity!

Visit BigY.com's *LivingWellEatingSmart* webpage and post a question

Send e-mails to: askcarrie@bigy.com

Write to: Ask Carrie
2145 Roosevelt Ave.
PO Box 7840
Springfield, MA 01102

Looking for
a dietitian specializing
in celiac disease?

Visit the Celiac Disease Resource
page in the *LivingWellEatingSmart*
section of
BigY.com!





Soy is an excellent source of lean protein and alternative to animal-based protein. In addition to fiber and minimal saturated fat, soy contains antioxidants and phytochemicals (plant compounds) shown to alleviate post-menopausal hot flashes as well as possibly protect against heart disease and osteoporosis. You can enjoy soy in foods such as edamame (soy beans), tofu, isolated soy meat alternatives (veggie burgers, soy burger crumble, soy “chicken” patties, etc.), tempeh, soy cheese, soy yogurt, soy nuts, soy nut butter and soy milk.

That said, soy is a hot topic in relation to breast cancer. Why? It contains a specific isoflavone (plant compound), genistein, with estrogen-like properties. Estrogen is believed to increase the risk for breast cancer. Thus, soy isoflavone’s estrogen-like properties have also been feared to increase the risk for breast cancer. In fact, one study indicated genistein stimulates tumor growth in mice.¹ Therefore, soy’s impact is a special concern for women at high risk for, or with a history of, breast cancer.

Does research support the theory of soy increasing breast cancer risk? Not necessarily. Epidemiological studies show communities with high consumptions of soy (i.e.: Asian cultures) tend to have the lowest incidence of breast cancer, with soy providing the greatest protection when consumed during childhood and adolescences.²

Additionally, human studies looking at the impact of soy’s isoflavones on breast tissue look promising, as they indicate there may be no negative effects before or after diagnosis.³⁻⁴

So what are we to make of this? If you are concerned about the impact soy may have on your risk for breast cancer, follow the current recommendations from both the American Dietetic Association® and American Cancer Society®. According to the American Dietetic Association “...there has been no indication that moderate amounts of soy food adversely affects women at risk for or surviving breast cancer.”⁵ For women with a history of breast cancer, the American Cancer Society states “...current evidence suggests neither specific benefits nor harmful effects when soy is provided in the moderate amounts observed in most traditional Asian diets (no more than three servings per day) as part of a healthy diet.”⁶

Based on this information, we recommend consuming no more than three servings of traditional soy food per day (equivalent to about 25 grams of soy protein). Stay tuned for further research on the efficacy of highly concentrated soy isoflavone supplements.

to soy or not to to soy?



Living Well tip:

For dietary guidelines specific to your medical history and needs, always consult your physician and/or dietitian.

¹ Helferich WG, Andrade JE, Hoagland MS. Phytoestrogens and breast cancer: a complex story. *Inflammopharmacology* 2008;16:219-26.

² Korde LA, Wu AH, Fears T, et al. Childhood soy intake and breast cancer risk in Asian American women. *Cancer Epid, Biomarkers and Prev* 2009;18:1-9.

³ Messina M. and Wu AH. Perspectives on the soy-breast cancer relation. *Am J Clin Nutr* 2009;89(supp):1S-7S.

⁴ Messina M. Watanabe S, Setchell K. Report on the 8th international symposium on the role of soy in health promotion and chronic disease prevention and treatment. *J. Nutr.* 139:796S-802S, 2009.

⁵ Is Soy Safe for Women at risk for Breast Cancer and Breast Cancer Survivors? American Dietetic Association. http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition_8710_ENU_HTML.htm. Accessed August 5, 2009.

⁶ Doyle C, Kushi LH, Byers T, et al. Nutrition and physical activity during and after cancer treatment: an American Cancer Society guide for informed choices. *CA Cancer J Clin* 2006;56:323-53.

Celiac Awareness

Celiac disease is an autoimmune disease. The only treatment is eating a gluten-free diet. Following a gluten-free diet can be highly restrictive and should only be followed when diagnosed with celiac disease, dermatitis herpetiformis or gluten intolerance. At Big Y,[®] we make gluten-free shopping easier with our gluten-free tag program, special gluten-free sections* and variety of gluten-free options.



On The Go Gluten-Free Drinks

With 24 vitamins and minerals, antioxidants and 320 milligrams of plant-based omega-3s, *Ensure*[®] Shakes are gluten free and deliver complete nutrition. Choose *Ensure*[®] High Calcium for 50% the Daily Value for calcium, an important nutrient for individuals with celiac disease.

Snack Gluten Free

Made from rice and nuts, *Blue Diamond*[®] Nut Thins[®] are a deliciously nutritious gluten-free snack. Flavors like Country Ranch contain less than 4 grams of fat per serving. Additionally, *Blue Diamond*[®] is a proud supporter of the Celiac Disease Foundation.

Miss the taste of homemade breads and muffins? Not anymore, thanks to *Duinkerken*[™] Muffin and Bread Mixes. Their Bread Mix and Muffin Mix are gluten free, great tasting, vitamin enriched and are a cinch to make.

Plus, *Duinkerken*[™] mixes make the perfect base for delicious recipes like the Gluten-Free Banana Loaf on page 5.

Bake Gluten Free

Cherrybrook Kitchen[®] has created all natural, gluten-free baking mixes so tasty they can be enjoyed by anyone. Their *Chocolate Chip Cookie Mix* is packed with chocolate chips and *Fudge Brownie Mix* is made with Belgian cocoa powder.

Indulge Gluten Free

Using concentrated natural flavors and *SPLENDA*[®] Brand Sweetener, *Walden Farms*[®] Dressings and Dessert Dips contain no calories, fat, carbohydrates, sugars or gluten. Enjoy *Walden Farms*[®] *Buttermilk Ranch Dressing* for salads or *Chocolate Dip* with fresh fruit.

A gluten-free diet **should not** be followed as a method for “weight management, elevat[ing] energy, improv[ing] attention or speed[ing] up digestion” as suggested by Elisabeth Hasselbeck in her new book *The G-Free Diet*.



www.ensure.com



www.bluediamond.com



www.cherrybrookkitchen.com



www.duinkerkenfoods.com



www.waldenfarms.com

*Available in most stores. Visit the Living Well Eating Smart section of BigY.com for more information.

servings: 10

Gluten-Free Banana Loaf

ingredients:

2 cups	Duinkerken™ Muffin Mix
1	Big Y® egg
½ cup	Big Y® lowfat milk
¼ cup	Big Y® canola oil
3	ripe bananas, mashed
½ cup	chopped walnuts (optional)

directions:

1. Preheat oven to 350°F.
2. In medium size bowl, add muffin mix, egg, milk and oil.
3. Blend ingredients well with electric mixer for 2-3 minutes.
4. Add mashed bananas and walnuts and stir until just blended.
5. Pour in greased 8x4 loaf pan and bake for 50 minutes or until toothpick comes out clean.

nutrition facts:

Calories 252, Total Fat 10 g, Saturated Fat 1 g, Sodium 262 mg, Cholesterol 21 mg,
Carbohydrates 38 g, Fiber 1 g, Protein 5 g



*Recipe provided by Duinkerken.™
Visit www.duinkerkenfoods.com
for more delicious recipes.*

favorite family meals

Cooking meals from home is a great way to spend more time with loved ones, save money and control the nutritional quality of family meals. Create nutritious restaurant-inspired dishes at home for less!



TEEKANNE Herbal Wellness Tea

For refreshing, calorie-free hydration with an antioxidant punch to fight off disease, choose *TEEKANNE Herbal Wellness Tea*. All teas are 100% natural without added sugars, artificial additives or preservatives and come in *Energizing*, *Relaxing* and *Soothing* flavors like *Purely Peppermint* and *Honey Vanilla Bliss*.



www.teekanne.us.com

Ronzoni® Smart Taste™

According to the National Dairy Council,¹ 72% of kids, ages 6-19 years old, don't meet calcium recommendations. Did you know, *Ronzoni® Smart Taste™* offers pasta with 300 milligrams of calcium per serving (same as a glass of milk)? Plus, there are 6 grams of added fiber in every 2-ounce serving.



www.ronzonismarttaste.com

Smart Chicken® 93% Ground Chicken

For a healthful alternative to ground beef, 93% *Ground Smart Chicken®* is a tasty choice. Each serving of antibiotic- and hormone-free 93% *Ground Smart Chicken®* provides 22 grams of protein for 30 calories and 3 grams fat less than beef.



www.smartchicken.com

Président® Fat Free Feta Cheese

Add flavor and texture to meals without added fat with *Président® Fat Free Feta Cheese*. Wake up those same ol' salads, baked potatoes and omelets with *Président® Crumbed Feta* in *Mediterranean Herb* and *Tomato Basil* flavors for only 35 calories per serving.

Sorrento® Part Skim Cheese

In the mood for something cheesy? From pizza to stuffed shells, *Sorrento® Part Skim Ricotta* and *Mozzarella* cheeses help create delicious calcium-rich meals at home with less fat than whole milk cheese varieties. Keeping track of calcium? Each serving provides 20-25% the Daily Value.

Emeril's™ All Natural Stocks

Emeril's™ All Natural Beef Flavor, Chicken and Vegetable Stocks add versatility and flavor to homemade soups, rice, couscous and vegetables. Feel good knowing in comparison to traditional broths, *Emeril's™ All Natural Chicken Stock* provides almost 400 milligrams less sodium in each serving!



www.présidentcheese.com



www.sorrentocheese.com



www.bestemeril.com

Did you know? Studies¹ show regular family meals:

- ✓ Help prevent childhood obesity
- ✓ Improve children's manners and communication skills
- ✓ Increase intake of fruits, vegetables and calcium-rich foods in children
- ✓ Lower your child's risk of depression and use of drugs, alcohol and cigarettes

¹The Importance of Family Meals for Adolescents. University of Minnesota, http://www1.umn.edu.umnnews/Columns/Health_Talk_and_You/The_Importance_of_Family_Meals_for_Adolescents.html. Accessed July 28, 2009.

serves: 8

serving size: 1 cup mixture that includes two meatballs

Family-Favorite Pasta and Homemade Chicken Meatballs

ingredients:

½ tablespoon	heart-healthy buttery spread	½ teaspoon	grated Parmesan cheese
2	extra large fresh garlic cloves, minced	⅓ cup	whole wheat bread crumbs
⅓ cup	onion, chopped	—	Big Y® nonstick cooking spray
16 ounces	Smart Chicken® 93% Lean Ground Chicken	25 ounces	marinara pasta sauce
1	large Big Y® egg	16 ounces	whole wheat pasta, cooked to package instructions
¼ teaspoon	Italian seasoning		
⅛ teaspoon	Big Y® black pepper, ground		

directions:

1. Melt butter in large sauté pan on medium-high (approximately 30 seconds).
2. Add garlic and onion and cook until onion just begins to turn transparent.
3. Place chicken in a large bowl.
4. Add sautéed garlic and onion, egg, Italian seasoning, pepper, cheese and bread crumbs to chicken.
5. Mix well until blended.
6. Form into 16 small meatballs.
7. Spray same large sauté pan with nonstick cooking spray. Reheat on medium-high.
8. Place meatballs into pan, browning each side (approximately 30 seconds per side).
9. Pour in sauce and bring to a gentle boil.
10. Cover and simmer for about 15 minutes (or until meatball internal temperatures reach 165°F).
11. Once meatballs are cooked, toss with pasta and serve!

nutrition facts:

Calories 360, Total Fat 8 g, Saturated Fat 1.5 g, Cholesterol 72 mg,
Sodium 444 mg, Carbohydrates 42 g, Fiber 3 g, Protein 25 g

fact:

Eating Smart

Nutrition facts information is dependent upon brand of pasta and sauce used. For example, simply using a No Salt Added pasta sauce instead would save 270 milligrams of sodium per serving!



diabetes month



Controlling diabetes through a healthy lifestyle is important for preventing disease and avoiding future complications. This doesn't mean losing the enjoyment of food. In fact, individuals with diabetes have the same nutrition guidelines we all follow, with just a little more focus on total carbohydrate intake.

Here are four ways to enjoy the foods you love but with fewer carbohydrates.

1. Switch Your Fruity Beverage

Without a sugar overload, *Old Orchard® Healthy Balance* is made with 20-25% fruit juice, water and SPLENDA® Brand Sweetener. Compared to 100% grape juice, *Healthy Balance Grape* has 135 less calories, 33 grams less carbohydrates and over 7 teaspoons less sugar in each 8-ounce serving.



www.healthybalance.com

2. Switch Your Chocolate

Being diagnosed with diabetes doesn't mean giving up chocolate. Instead, indulge responsibly with *Guylian® No Sugar Added Chocolate Bars*. Made with the sugar alcohol maltitol, each sugar-free bar offers three servings and contains approximately half the carbohydrates found in traditional bars. Read how sugar alcohols affect blood sugar below.



www.guylian-choc.com

3. Switch Your Cookies

Love the taste of cookies but not their sugar content? Have the best of both worlds with *Murray® Sugar Free Cookies*. Sweetened with SPLENDA® Brand Sweetener and sugar alcohols, their *Chocolate Chip* variety contains 10 grams less sugar and roughly 5 grams less carbohydrate per serving versus traditional cookies.



www.murraysugarfree.com

4. Switch Your Sweetener

Perfect in coffee or on fresh fruit, *Sun Crystals®* is an all-natural sweetener created from a blend of sugar cane and calorie-free stevia. Addition of sugar cane allows *Sun Crystals®* to provide a familiar sweetness you know and love. Each packet provides the sweetness of 2 teaspoons of sugar for only 5 calories. Plus, the American Diabetes Association® counts up to three packets a "free" food.*



www.suncrystals.com

What are "sugar alcohols"?

- ✓ Ingredient found naturally in foods such as fruits and berries.
- ✓ Used as a sweetener and bulking agent.
- ✓ Converted to glucose more slowly, thereby preventing a sudden spike in blood sugar.
- ✓ When eaten in excess can cause diarrhea and/or bloating.
- ✓ On average, only half are digested by the body. Therefore, only half the sugar alcohols listed on the Nutrition Facts label count toward your Total Carbohydrates.

*According to the American Diabetes Association,® less than 20 calories and 5 grams of carbohydrates per serving is a "free" food for individuals with diabetes.

cancer prevention

When it comes to cancer prevention, you do have a fighting chance. In fact, 2005 data from the American Cancer Society® shows one-third of cancer deaths were related to nutrition, physical inactivity, obesity or other preventable lifestyle factors. Make simple lifestyle changes now for a cancer-free tomorrow.



Go Meatless

Trading animal sources of protein (i.e.: beef and pork) for vegetarian sources (i.e.: beans and soy) is a simple way to eliminate cholesterol and fat from your meal plan — important for lowering cancer risk. For 7-8 grams of protein and only 0.5 grams of fat, enjoy a ½ cup of *Bush's Best® Black* or *Cannellini Beans*.

Eat More Fruits and Vegetables

To help protect against cancer, the American Cancer Society recommends eating five or more daily servings of fruits and vegetables for their complex vitamin, mineral, antioxidant, phytochemical (like lycopene) and fiber content.

Capa di Roma® All Natural Sauces are delicious and made with the freshest ingredients by family-owned and -operated Roma Restaurant in East Hartford, CT. Eating cooked tomato products containing heart-healthy fat, like *Capa di Roma® Roasted Garlic* sauce, helps the body absorb lycopene more efficiently.

Cancer prevention never tasted so sweet! Each ½-cup serving of *Driscoll's® Raspberries* is packed with folate, iron, potassium, 4 grams of fiber and 25% the Daily Value of the powerful antioxidant vitamin C.

Make Half Your Grains Whole

According to the U.S. Food and Drug Administration (FDA), a diet rich in whole grains has been linked to reduced risk for certain types of cancers. *Kashi® Granola Bars* are made with seven whole grains plus added chicory root fiber,* for additional cholesterol-lowering benefits, in varieties like *TLC™ Crunchy Pumpkin Spice Flax Granola Bars*.

Maintain a Healthy Weight

Numerous studies indicate obesity increases cancer risk. Reduce your risk and maintain a healthy weight by switching sugary beverages to calorie-free options like *Mighty Leaf® Tea*. Additionally, tea like *Mighty Leaf® Green Tropical Tea* contains catechins, antioxidants thought to fight off cancer. More research is still needed to identify tea's role in cancer prevention, but in the meantime, drink up!



www.bushbeans.com



www.capadiroma.com



www.driscolls.com



www.kashi.com



www.mightyleaf.com

*According to the American Dietetic Association® and research from the British Journal of Nutrition, chicory root fiber, or inulin, is a dietary fiber that behaves as a soluble fiber similar to pectins and gums. Inulin is thought to help remove cholesterol from the body and enhance mineral absorption, particularly that of calcium.

Halloween Tricks & Treats



Kids, can you help Wanda Witch fill-in-the blanks?
Choose words from her cauldron to help her
complete the sentences so everyone can have
a safe and happy Halloween!



1. Baked pumpkin seeds are a delicious,
crunchy snack and are rich
in _____.



2. Have your parents check your Halloween
candy to make sure it is properly wrapped
and safe to _____.



3. It is important to have three servings
of _____ each day to keep
your bones strong.



4. Never go trick-or-treating _____.



5. Eating too much Halloween _____
at one time can make your tummy hurt.



Earth worm Surprise

- 1 box chocolate pudding
- Assorted gummy worms

- Chocolate cookies (crushed)
- Clear, plastic cups

1. Prepare box of chocolate pudding.
2. Pour chocolate pudding into clear plastic containers.
3. Insert a gummy worm or two in each and cover with crushed chocolate cookies. Most effective when worms are just peeking out of the crumbs. Enjoy scooping the creepy crawlers out of the dirt!

**Recipe taken from www.familyfun.com.*

Answers: 1. Heart-Healthy Fats 2. Eat
3. Dairy 4. Alone 5. Candy